

## A study to assess the level of stress among staff nurses in selected Bharati hospital Pune

<sup>1</sup> Monita Thockchom, <sup>2</sup> Mayur Yadav, <sup>3</sup> Mayur Patidar, <sup>4</sup> Jensa Samkutty, <sup>5</sup> Nongthombam Bidyarani Devi

<sup>1</sup> Assistant Professor, Bharti Vidypeeth College of Nursing, Dhankwadi, Pune, Maharashtra, India

<sup>2-5</sup> Fourth year B.Sc Nursing students, Bharti Vidypeeth College of Nursing, Dhankwadi, Pune Maharashtra, India

### Abstract

This study investigated the causes and effects of nursing stress in the hospital environment. It was hypothesized that the sources and frequency of stress experienced by nursing staff were function of the type of unit on which they worked, level of training, trait anxiety, and socio demographic characteristic.

**Introduction:** “The mind can go either direction under stress toward positive or toward negative: on or off. Think of it as a spectrum whose extremes are unconsciousness at the negative end and hyperconsciousness at the positive end. The way the mind will learn under stress is strongly influenced by training.

Frank Herbert, Dune, Modern life is full of hassles, deadlines, frustrations, and demands. Stress is a normal physiological response to events that make you feel threatened or upset your balance in some way. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. 15

Stress is the “non-specific response” of the body to any kind of demand made upon it. (Selye-1956). 16

**Objective:** 1. To assess the level of stress among staff nurses. 2. To associate the level of stress with selected demographic variable.

**Method:** The research method adopted for the study is non experimental descriptive approach was used. Modified questionnaire was used as 100 samples for the collection of data.

**Result:** Major finding of the study are as follow:

**Findings related to demographic characteristics of the participants:** The data shows that all participant where staff nurses from that majority (80%) of them where female and (60%) of participant where done their B.Sc Nursing. Out of 100 samples 75% were getting Rs 10,000 – Rs15, 000. 62% participants were unmarried and 64% of participant is in nuclear family. 52% were having 5 to 10 years of experience. 26% were doing recreational activities such as gardening and 32 % of participant was doing exercise for relaxation.

**Finding related to stress level:** The section deal with the level of stress among staff nurses in selected Bharati Hospital. In that we found that out of 100 sample majority (42%) of staff nurses are having sever level of stress and 12% were having moderate level of stress and 24% were having mild level of stress. Only 22% of staff nurses were having normal level of stress. Only the marital status (p value 0.006) is found to be demographic variable and found to have significant association with the level of stress.

**Conclusion:** In our study shows Most of the samples were having stress.

**Keywords:** assess level of stress, staff nurses

### 1. Introduction

“The mind can go either direction under stress toward positive or toward negative: on or off. Think of it as a spectrum whose extremes are unconsciousness at the negative end and hyperconsciousness at the positive end. The way the mind will learn under stress is strongly influenced by training. Frank Herbert, Dune.

Modern life is full of hassles, deadlines, frustrations, and demands. Stress is a normal physiological response to events that make you feel threatened or upset your balance in some way. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. Stress is the “non-specific response” of the body to any kind of demand made upon it. (Selye-1956). Stress is the arousal of mind and body in response to demands made upon them. (Schafer -2000) Work-related means either caused by or made worse by work. If something is caused by work, there should be evidence that: It began occurring after a period of being at work or during work. It does not occur after activities. Determining the extent of stress related health problems at

work is not an easy task. Most countries routinely collect data on ill-health retirements, work days lost due to sickness, injury and disability etc. For example, between 1981 to 1994, Netherland recorded an increase from 21% to 30% in the percentage of worker who received a disability pension because of stress-related disorders, and “the number who returned to work in the diagnosis group is lower than in any other group” (Van derhek & Plomp, 1997). In addition, work stress in the nursing profession appears to be associated with low job satisfaction (Healy & Mckay, 1999, 2000, Demerouti) and a high rate of turnover and absenteeism (Borda & Norman, 1997). The nursing profession, particularly in the hospital setting, contains various job stressors. It requires highly demanding skills such as teamwork in different situations, responsibility for the patients, and shift work. (Meyer & Allen, 1997). The research statistics show that women in India are more stressful. Rachel Goldste (2011) assessed the stress of women in different countries. The finding shows that Indian women are the most stressed on earth. By reducing the stressful

nature of the nurses work, nurses could be more satisfied in their position. The role satisfied in their position to improve the work environment for staff nurses

**2. Objective**

1. To assess the level of stress among staff nurses.
2. To associate the level of stress with selected demographic variable

**3. Materials and Methods**

In order to achieve the desired objectives of the present study Quantitative research approach with Non experimental descriptive design. The validity was done by the experts from

nursing filed, Reliability was done by Karl Pearson’s confessant formula (alpha value is 0.95).which suggested tool was reliable. Pilot study was conducted by 10 samples. The study was conducted in Bharati hospital Pune. The study consist of 100 samples which is selected by non probability convenient sampling method. Data collection was accomplished by using modified perceived stress scale. The data was analyzed by using descriptive and inferential statistics.

**4. Result**

Data was analyzed as per the objectives.

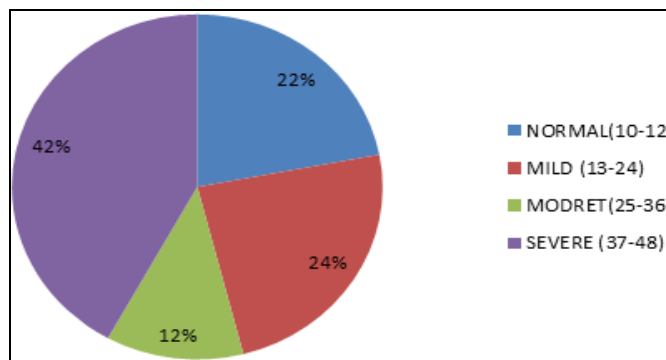
**Analysis and Interpretation of Data**

**Table 1:** Frequency distribution table (n=100)

Sr. No.	Demographic data	Frequency	%	
1	Gender	Male	20	20%
		Female	80	80%
2	Education	ANM	20	20%
		GNM	20	20%
		B.Sc	60	60%
3	Monthly income (Rs)	Up to 10000rs	25	25%
		10000 to 15000rs	65	65%
		15000 to 20000rs	10	10%
		Above 20000rs	0	0
4	Marital status	Married	38	38%
		Unmarried	62	62%
5	Type of family	Joint	36	36%
		Nuclear	64	64%
6	Total working experience	0 to 5 year	48	48%
		5 to 10 year	52	52%
		10 to 15 year	-	-
		15 to 20 year	-	-
7	Recreational activity	Watching tv	22	22%
		Gardening	26	26%
		Painting	21	25%
		Reading book	13	13%
		Religious activity	18	18%
		Specific any other	-	-
8	Do exercise	Yes	32	32%
		No	68	68%

Response was gathered from a total of 100 staff participate in this study. The above table shows that in out of 100 sample 20% are male and 80% are female.

In education 20% are ANM, and 20% are GNM and 60% are BSC. In monthly income 25% are getting 10,000 salaries per month, 65% are having 10, 0.00 to 15,000 salary per month, 10% are getting 15,000 to 20,000 salary per month. In marital status 38% are married and 62% are unmarried. In type of family 36% are joint family, 64% are in nuclear family. In total working experience 46% are under 0-5 years, and 32% are having 5-10 years of experience. In recreational activity 22% of people are used to watch TV, 26%of people are used to do gardening, 21% are spend their free time in panting and 13% of are used to read book and 8% are involving in religious activity. In out of 100 sample 32% are doing exercise daily and 82% are not doing exercise.



**Fig 1:** Stress Scale Analysis. (n =100)

This shows that majority of the samples are having severe level of stress(42%). 22% having moderate level of stress

24%are having mild level of stress 12%are having moderate level of stress.

**Table 2:** Association of level of stress with demographic variable

S. No.	Demographic data	Chi-square statistic	p value	Table value
1	Gender	3.8265	0.2808	4
2	Education	7.306	0.293	4
3	Monthly income (Rs)	7.507	0.5834	6
4	Marital status	12.609	0.006	4
5	Type of family	1.906	0.592	4
6	Total working experience	3.392	0.947	6
7	Recreational activity	4.914	0.993	8
8	Do exercise	4.125	0.248	3

The data presented in table III shows that p valves are large (greater than 0.05) only the marital status (p value 0.006) are found to be demographic variable and found to have significant association with the level of stress.

**5. Conclusion**

In this study we conducted in selected Bharati hospital pune. We select 100 samples from Bharati hospital and the study shows that majority of staff nurses have severe level of stress. Marital status are found to have significant association with the level of stress

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